### Prestige Institute of Management and Research, Indore

| Type of Activity Organized (Please tick) | 1) Management Development Program  
2) Faculty Development Program  
3) Student Training Program/Certifications  
4) Consultancy  
5) Co-Curricular Activity  
6) Extra Curricular Activity |
|-----------------------------------------|----------------------------------------------------------------------------------|
| **Title** | National Webinar Series – Self Leadership  
Part II – From Distress to Eustress: A Journey for Self-Leadership |
| **Number of Faculties Coordinating** | 2 |
| **Name of the Faculty/s Assigned and Designation** | Dr. Pallavi (Joshi) Kapooria / Dr. Gunjan Anand |
| **Duration (DD/MM/YYYY)** | From Date: 17/07/2020 | To Date: 17/07/2020 | Total No. of Days: 1 |
| **Whether On Campus/Off Campus (Please Mention)** | On-Line Mode |
| **No. of Participants** | Top Level Managers  
Mid Level Managers  
Lower Level Managers  
Professors  
Associate Professors  
Assistant Professors  
Students | 80 (including professional) |
| **Total Income (if any): NA** | **Total Expenses (if any): NA** |
| **Total Income in Words-** | **Total Income in Figures -** |
Description of the Activity:

NATIONAL WEBINAR SERIES

Prestige Institute of Management and Research organised a session on From Distress to Eustress : A Journey for Self-Leadership under the National Webinar Series on Self-Leadership being held on a monthly basis.

Speaker:
Ashish Borgaonkar
Defence Officer (Army) with more than 20 years of active duty | Seasoned Paratrooper | Experienced Mountaineer

The session expert Col. Ashish Borgaonkar focused on the following aspects:

- Manifestation of Stress.
- Reactions to Stress.
- Importance of Stress.
- Using Stress to increase productivity (Eustress)
- Imp of Eustress in Leadership.
- Leading by Example.

Enthusiasts from education fraternity across the PAN India registered and participated in this session.

The next session on the National Webinar Series will be announced very soon by the institute.
Space for Photographs:
Webinar Series on

SELF-LEADERSHIP

PART 2

From Distress to Eustress:
A Journey for Self-Leadership

Speaker
Mr. Ashish Borgaonkar
Defence Officer (Army) with
more than 20 years of active duty
Seasoned Paratrooper
Experienced Mountaineer

PRESTIGE INSTITUTE OF MANAGEMENT AND RESEARCH (PIMR), INDORE
2, Education & Health Sector Scheme 54, Indore, India

Copy of Digital Flyer
Glimpses of Live Feedback
Glimpses from Session

**MANIFESTATION**

- Work place
- Personal life
- Inside your mind
  - Fears and Uncertainty of thoughts